



**MORALE, WELFARE AND RECREATION**  
**NAVAL AIR STATION JACKSONVILLE, FL**  
**[WWW.NASJAX.NAVY.MIL](http://WWW.NASJAX.NAVY.MIL)**

# *Welcome to NAS Jacksonville's* **MWR**



The Morale, Welfare and Recreation (MWR) Department is an integral part of Naval Air Station Jacksonville. This booklet is to acquaint patrons with MWR facilities, programs and activities. The services have been designed to provide maximum opportunities for authorized MWR users. Suggestions, problems or comments should be directed to the managers as soon as possible. Information contained herein is subject to change. Call 904-542-3111 with questions.

## **Authorized Personnel**

Personnel authorized to use MWR activities include active duty members and their families, reserve members, retired military personnel and their dependents, medal of honor recipients and their surviving spouses and family members, unremarried surviving spouses of retired military personnel and their family members, academy midshipmen and cadets, ROTC cadets when on active duty during college vacation, drilling member of reserve components and dependents. NAF employees of the MWR Dept., NAS JAX DoD employees and other NAF employees of NAS JAX and the family member of the above. For more information on Retired DoD and NAF from NAS JAX use in specific cases, call the MWR Administrative Office at 904-542-3111.



## **MWR Administrative Office (904) 542-3111/3112**

Located in Bldg. 1 on Langley Street, this office includes the MWR Installation Program Director and Operations Manager, Administration, Marketing Director, Personnel, and the Business Manager. For more information log on to [www.nasjax.navy.mil](http://www.nasjax.navy.mil).



## **Human Resource Office (904) 542-3111/3112**

MWR, located in Bldg. 1, is an Equal Opportunity Employer and accepts applications Monday through Friday. Various employment opportunities are available. A merit promotion program offers employees the opportunity for advancement. Permanent part-time employees earn annual and sick leave. Medical and life insurance, retirement, and disability insurance is offered to all full-time employees.





## **Recycling Center**

**(904) 542-3113**



Located in Bldg. 623 on Birmingham Ave. between Gillis and Jason Streets. The center takes office paper (colored and white), newspaper, computer paper and cards, cardboard, car batteries, plastic (including bottles); glass (clear, brown and green) and aluminum cans. Squadrons, commands and departments are encouraged to drop off all recyclables at the Recycling Center. Used oil is accepted at the Auto Hobby Shop during business hours only.

## **Marketing & Publicity**

**(904) 542-3577**

Located in Bldg. 1 on Langley Street, this office is the information center for the MWR Department. The Marketing Director is the point of contact for sponsorship, special events, indoctrinations, command briefs, homecomings and ombudsman meetings. Annual special events include the Navy Run, Tropical Freeze, Month of the Military Child Carnival, Military Family Appreciation Carnival, intramural tournaments, concerts and much more.

# *Fitness, Aquatics and Sports*



## **Gymnasium**

**(904) 542-3239/2930**

Located in Bldg. 614 on Gillis Street, the Gym offers exercise and aerobic fitness equipment. There are weight rooms, complete with Olympic weights, dumbbells, and benches. Also available are male and female steam and sauna rooms. The facility includes a basketball court and three racquetball courts. Athletic gear issue includes towels and sports equipment. Lockers are available on a daily or monthly basis.

The Athletic Office, located in the Gym, is the center for all types of sports programs. Intramural Sports available include: softball, flag football, golf, tennis, racquetball, basketball, indoor volleyball, sand volleyball, and soccer. Most sports are offered twice a year, and there is a fierce competition for the coveted Captain's Cup awarded annually to the top command. Many special events are offered, such as softball tournaments, 5K annual runs/walks and the Annual Navy 10K Run/5K Walk.

## **McCaffrey Softball Complex**

**(904) 542-2930**



The McCaffrey Complex features four playing fields, each with a 275-foot fence, spectator bleaches, rest room facilities, second floor scorers and announcer's booths for all fields, and electronic scoreboards on fields two and four. The complex is utilized throughout the year by intramural leagues, graybeard leagues, and various tournaments. McCaffrey Softball Complex also offers a concession stand, which serves food and beverages.

## **Indoor Pool**

**(904) 542-2930/3239**

Inside the Base Gym, the indoor swimming pool is 50 meters by 25 yards, with a graduated depth to 12 feet. The pool also serves as a training area for military requirements.

Year-round activities include aqua aerobics, swim lessons, scuba lessons, recreational swimming and lifeguard training courses.

## Outdoor Pool

(904) 542-3720

The outdoor swimming pool is adjacent to Bldg. 419 on Allegheny Street. The pool is a 50-meter by 25-yard pool with graduated depth to six feet along with a separate baby pool with a graduated depth of two feet. The compound includes a bathhouse.

The Outdoor Pool offers a variety of swim lessons for all ages, aqua aerobic classes and lifeguard training.

Pool parties are also available.

## Fitness Source

(904) 542-3518

Located in Bldg. 867 on Enterprise Avenue, this high-tech facility is free for active duty service members, family members, reservists, retirees and authorized civilian patrons. The facility offers a complete line of cardio and strength training equipment.

The cardio area offers treadmills, stair steppers, step mills, Ellipticals, Cross trainers, stationary and recumbent bikes. Most of the cardio equipment is connected to a cardio theater which allows enjoyment of a wide array of television channels and radio stations while working out.

There are two separate strength training areas. One is the free weight area which offers Olympic weights, dumbbells, benches, squat rack, power rack, and a leg press sled, just to name a few. The other area offers two complete lines of Nautilus strength training equipment and Cybex.

Qualified instructors offer a variety of aerobics, kickboxing, pilates, yoga, and step classes various days of the week.







# *Child and Youth Programs*





# Youth Activities

## (904) 778-9772

Located in Bldg. 2069 on Knight Lane in base housing and at the Yellow Water Housing area near Cecil Field, this program consists of many different activities to accommodate military and DoD dependents aged kindergarten through 18 years. Open recreation and Friday night events are popular programs and feature a variety of activities designed for individual age groups. Youth Activities offers special programs for teens only. Additional programs and special events offered by Youth Activities include: Night Easter Egg Hunt, Month of the Military Child Carnival, Navy Family Day Carnival, Tropical Freeze, fitness programs and much more!



## **Child Development Home Program**

### **(904) 542-5381**

This program is an extension of the Child Development Program. Providers are certified by the Commanding Officer for a period of one year following background checks, various home inspections, and training. Providers may live either on base or off base, and may care for up to six children (including their own), under the age of eight. Military families are eligible for this program. Full day, hourly, before and after school, special needs, weekends, and nightly care are available. All providers are trained in providing age appropriate activities for children.

A subsidy program is available to provide weekly rates that are similar to those of the CDC for children under the age of 3 years. Subsidy rates are only available to parents who have been referred to the provider from the Central Enrollment waiting list. All rates are determined either by the subsidy program or by the provider. Providers must maintain current CPR and First Aid certification, pass monthly inspections by the CDH Director/Monitor, and prepare meals in accordance with the USDA Food Program guidelines. CDH can accommodate command childcare needs with evening care for special events, such as parties or pre-deployment briefings. Call (904) 542-5381 for information on childcare options or information on becoming a provider.

## **The School-Age Care Program**

The School-Age Care Program is available for dependents of military and DoD personnel for children ages kindergarten through 12 years. Trained counselors help children with homework, arts and crafts, nature, and other activities. All counselors have experience in childhood education, and are CPR and first aid certified.

## **Camps**

### **(904) 778-9772**

Spring Break Day Camp, Summer Day Camp, and Holiday Camp are three of the many programs provided by the center. Summer Camp is 11 weeks and includes swimming, arts and crafts, nature hikes, bowling, and field trips. Camp is 6:15 a.m. – 6:00 p.m., Monday through Friday.

For more information, eligibility or registration for any of these programs, contact the Youth Activities Center at 778-9772.

# Child Development Center

## (904) 542-5529/5434

The Child Development Program provides full-time and drop-in care. The CDC is located in Bldg. 705 and is open from 6:15 a.m. – 6 p.m., Monday through Friday, excluding federal holidays. Full-time care comprises the majority of care provided, and it includes breakfast, lunch, and afternoon snack. The fee structure for full-time care is based on total family income as regulated by Department of Defense instructions. Hourly or drop-in care is limited due to space availability. Reservations are strongly recommended and can be made up to one week in advance. Hourly care is available for ages 3-5 years daily and for ages 6 weeks to 2 years based on availability. Priority for full-time care is given to single and dual military families.

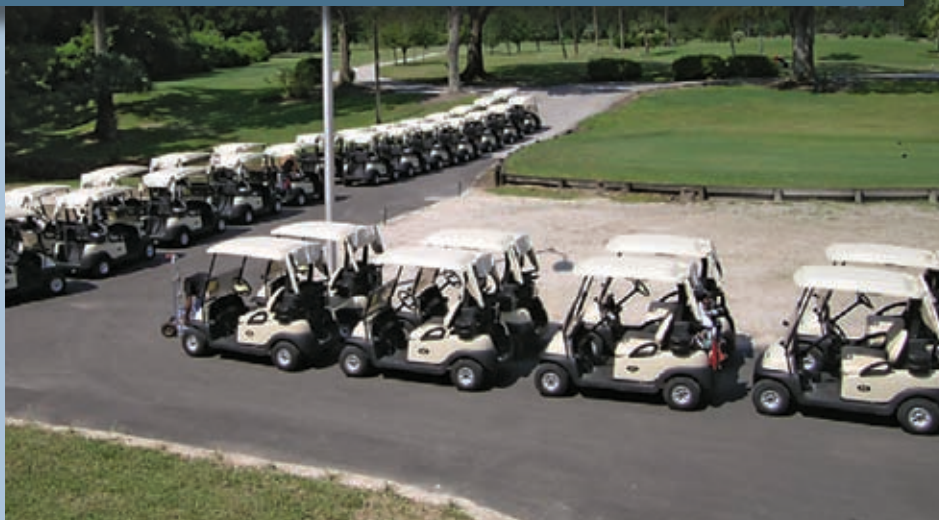
This program is based on the National Association for the Education of Young Children's guidelines on Developmentally Appropriate Practice in Early Childhood Programs and strives to promote the physical, social, emotional, and cognitive development of children, while



responding to the needs of the family. Activities children have the opportunity to participate in include; creative art, music, fine and gross motor skills development, sand and water play, songs and finger plays, story times, readiness skills for math, reading and writing, dramatic play and activities to promote positive social skills and self image. Children have free choice in selecting activities. Children will be involved in "play" and will learn the following: selecting, experimenting, classifying, measuring, discussing, validating, enjoying, participating, testing, questioning, organizing, observing, improving, discovering and construction.



# *Recreation and Services*



## **Golf Course/Pro Shop**

### **(904) 542-3249**

Located in Bldg. 809 on Mustin Rd., NAS Jacksonville Golf Course offers 27 holes of championship golf for all ages and skill levels. The Red and White courses are each a Par 36, while the Blue Course is a Par 35. The Red and White course plays to a demanding 6,890 yards, Par 72. The addition of the new White Course has added to the landscape of the original Red and Blue Courses. The holes wind through beautiful tree-lined fairways that are complimented with rich blue lakes. A full practice facility is available, as well as a PGA Professional Staff to meet every golf need. It is one the finest golf courses in the Jacksonville area.

## **Mulberry Cove Marina**

### **(904) 542-3260**

The Marina is located on the south end of Ranger Road, along the banks of the beautiful St. John's River. The Marina store offers bait, ice, sandwiches, beer, soda, fishing licenses, fishing tackle, sunglasses, tee shirts, outdoor recreation knives, basic boat parts, and various sundries to meet boating needs. The Marina also has unleaded mid-grade gasoline pier-side and a free boat ramp.

For boat owners there are slips, moorings and dry storage available on daily, monthly and yearly rental basis. Fresh water and 30-amp station power are available at the slips. Live-aboards are only permitted on a temporary basis.

Sailing instruction classes and safe boating courses are also available. The Marina offers a wide array of rental equipment including, kayaks, canoes, Flying Scot sailboats, and powerboats. Powerboats include bass boats with trolling motors and fish finders, pontoon boats, Boston Whalers, deck boats and 14' stump knockers. In order to rent a powerboat patrons are required to have a Florida Safe Boater card. This card is available free of charge at [www.boatus.org](http://www.boatus.org).

Reservations for powerboats must be made in person with a \$25 deposit.

The Marina also rents tents, sleeping pads, cots, camp stoves, lanterns, large grills, coolers, and turkey fryers.

## **Fishing**

**(904) 542-3260**

Fishing is permitted on the North Side of Casa Linda Lake (catch and release only), and in the St. John's River. Fishing is not permitted from the piers at Mulberry Cove Marina. A Florida fishing license is required for anyone ages 15-65. Fishing licenses are available at the Mulberry Cove Marina, (904) 542-3260.

## **Picnic Areas**

**(904) 542-3260**

Several beautiful parks and picnic grounds are scattered around the base. Most are equipped with shelters, rest rooms, barbecue pits, ball fields, and playground equipment. Reservations are required and can be made up to six months in advance. For additional information regarding Fisherman's Cove, Mariner's Cove or Sea Bat Parks, call (904) 542-3260. For Allegheny and Sea King parks, call (904) 542-2930/3239.

## **Liberty Cove Recreation Center**

**(904) 542-1335/3491**



This high-tech recreation center, located in Bldg. 816 is designed to meet the needs of the E1-E6 single Sailors and Geographical Bachelors living on board NAS Jacksonville. The Liberty Recreation Center contains Internet access computers, Sony Play Stations, Xbox 360's, WiFi, movie viewing area, and a variety of recreational equipment including pool,

darts, ping-pong, an outdoor basketball court, and more. Everything in the center is open to active duty and is free of charge. The hours of operation are Monday through Sunday 10 a.m. – Midnight (7 days/week).

The center is open 365 days of the year. Liberty Cove Recreation Center also offers a variety of off-base trips to Key West, Orlando, whitewater rafting, skydiving, and more.



## Information, Tickets and Travel (ITT)

(904) 542-3318

The Information, Tickets and Travel Program offers discount ticket sales for special events as well as area attractions, hotel information, and cruise booking. Also offered are regional brochures, monthly bus tours with a 24-passenger tour bus, and other special services. Military, Retired, Dependents, DoD civilians and all MWR authorized patrons can purchase tickets. All prices include surcharge. ITT is conveniently located in front of the Navy Exchange in Building 953-A. VISA, MasterCard and American Express are accepted. For more information, please contact the ITT office.



## Navy Flying Club

(904) 777-8549/6035

The JAX Navy Flying Club is located in Bldg. 27 on base. JNFC offers courses in private aircraft instruction for personal enjoyment to a certified flight instructor. All of the courses are FAA part 141 and VA approved. The JFNC



offers services in aircraft checkouts, flight reviews, instrument proficiency checks, and recurrent training in areas requested by club members.

The Navy Flying Club is a sponsored club and all members must meet specific requirements. Members of the JNFC must be active duty military, active reserve, retired military, military family member, Civil Air Patrol (active member) or DoD employee.

## **NAS Freedom Lanes & Pro Shop**

**(904) 542-3493**



The Bowling Center is located on Gillis Street in Bldg. 609. The facility is 24-lanes with automatic scoring and bumpers. It is equipped with a large game room outfitted with pool tables, and video game machines, TV monitors, snack bar and lockers.

The center offers open bowling, league bowling, and a fully stocked pro shop with professional fitting and drilling service. There are individual and group lessons available. Xtreme bowling is a high energy

bowling experience with music and lights. Xtreme bowling is offered on weekends at specified times and for special functions. The center has automatic bumpers for children. Other services include daily specials, summer and winter leagues, intramural leagues, senior citizen leagues, command parties and birthday parties.

## **Field and Court**

**(904) 542-3239/2930**

Reserved court/field space is available by advance reservation through the base gym.

## **Tennis**

**(904) 542-3239/2930**

Six lighted and four non-lighted tennis courts are located near the Birmingham Gate, and no reservations are needed. Two additional lighted tennis courts are located at the Visitor's Quarters on Mustin Road.

## **PRT Center**

**(904) 542-3239/2930**

Located at Bldg. 10-A off Mustin Road, the PRT Center offers bathroom facilities, a changing area, and showers 24 hours a day. A 1.5- mile run is clearly marked and mapped from the front of the center. Mats are provided for stretching and sit-ups.

## Veterinary Clinic

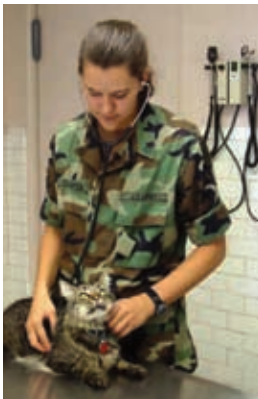
(904) 542-3786

The Veterinary Clinic is located at Bldg. 537 Biscayne St., near the gas station. Customer parking is located at the far end of the building at the end of the dead end street. The clinic offers veterinary preventive services including: routine pet immunizations, testing for intestinal parasites and heartworms, micro chipping, and minor sick call appointments. We offer a wide range of heartworm preventatives, flea control products, shampoos and other items. The sale of heartworm prevention is limited to pets that have had a negative heartworm test within the last calendar year and have been on prevention since the last test. Pets are seen by appointment only. Veterinary service is available to pets owned by active duty and retired personnel, their dependents, and reservists on active duty. We strongly discourage children under the age of 12 in the veterinary clinic due to concerns for their health and safety. For appointments, or further information, please call (904) 542-3786.



## Veterinary Treatment Facility

(904) 542-3786



Housing residents may keep cats and dogs in their homes; however all cats and dogs must be registered with the base Veterinary Clinic, located in Building 537. Call (904) 542-3786 for appointments. All pets staying on base must have proof of current vaccinations presented at the time of registration. In addition all pets staying in base housing are required by base regulations to be micro-chipped and spayed or neutered. Cats and dogs must be on a leash at all times when outdoors, unless they are in a fenced-in yard. Please call to find out when pets can be registered.





## *Autos and RV's*



## **Auto Skills Center** **(904) 542-3227**

The Auto Skills Center, located at Bldg. 622 on Birmingham, is a large, complete auto workshop with wheel balancing, 22 work bays, tool checkout, paint booth, and welding. An ASE-certified master mechanic is available for advice and assistance. Classes are also available on a regular basis. An in-house safety test is mandatory before participation. Long pants and shoes are required. For safety reasons, children under age 16 are not permitted in or around the facility at any time.

## **RV Park**

### **(904) 542-3227**

Forty-four sites are located on the corner of Birmingham Avenue and Mustin Road overlooking the St. John's River. The park offers discounted weekly rates, 28 full sites (sewer, water, and electric), 9 partial sites (water, electric), and 7 primitive sites. Shower and restroom facilities are available.

Reservations are made at the Auto Skills Center or by calling (904) 542- 3227 for site information.

## **Car Wash**

### **(904) 542-3227**

Located behind the Auto Skills Center between Gillis and Jason Streets, this self-service facility is open 24 hours. The car wash offers three wash bays and heavy-duty vacuums, power wands and brushes, towel dispenser and other amenities, such as fragrance and protectors.

## **Deployed Storage (For Vehicles)**

### **(904) 542-3227**

This is a secured lot that allows storage from overnight to six months for deployments and for hospitalizations in excess of 30 days. For registration, stop by the Auto Skills Center or call (904) 542-3227 for information.

## **Storage Lot (For Vehicles, RV's, Trailers)**

### **(904) 542-3227**

Gated storage with 24-hours access. Rates are either on a monthly or yearly basis.

## **Autorama Resale Lot**

### **(904) 542-3227**

The Autorama Resale lot is located on Birmingham Avenue. Vehicles, campers and boats for the resale lot are registered at the Auto Skills Center.



## *Lodging*



## **Heritage Cottages** **(904) 542-3138/3139**

In a cozy setting, amidst tall pines, colorful birds and playful squirrels, there are 16 cottages, including two wheelchair accessible units. The Heritage Cottages aboard NAS Jacksonville are furnished units that offer a wonderful rest and relaxation destination for military families, retirees and DoD personnel at a very affordable price. The new two-bedroom, one-bath cottages sleep up to six and have a screened-in porch that runs the entire width of the unit. No two units face each other, affording the occupants maximum privacy. The cottages have all the amenities found at home, including DVD players and VCRs, telephones and fully furnished kitchens with full-sized appliances. Guests do not have to bring anything but food and personal items. Linens, pillows, blankets, towels and an initial supply of paper products, soaps, and laundry detergent are provided. Conveniently located adjacent to the golf course and across from the Naval Hospital, the cottages are within walking distance or a short ride of the Base NEX, Commissary, and MWR facilities.



# *Restaurants and Catering*



## **Mulligan's Restaurant & Bar**

**(904) 542-2936**

This all-hands food operation is located in Bldg. 809 on Mustin Road, inside the golf clubhouse, and services daily customers as well as golf food functions and small social events. An attractive setting offers a dramatic view overlooking the golf course. This full-service eatery offers breakfast from 6:30 a.m. – 10:00 a.m. with daily lunch specials. Social hours are held every Wednesday and Friday beginning at 4 p.m.

## **Gutterball Grill**

**(904) 542-3295**

The Gutterball Grill is located in the Bowling Center, Bldg. 609, on Gillis Street. A snack bar which serves breakfast, lunch, and dinner, as well as alcoholic and nonalcoholic beverages daily. We also offer daily lunch specials and birthday packages for all ages.

## **River Cove Catering & Conference Center/Officers' Club**

**(904) 542-3041**



Specializing in a full array of catering services is offered to all hands to include command functions, conference/training, private functions and all special events. Rooms with river view make the perfect setting for all occasions. Call 542-3041 for contract booking.

## **T-Bar**

**(904) 542-3041**

The T-Bar located in the Visitor's Quarters Complex is a full service bar. It features a two-level deck that overlooks the St. John's River. The T-Bar and deck are available for private functions.

# The Zone

## (904) 542-3521

The Zone Entertainment Complex is located in Bldg. 798 on the corner of Saratoga Avenue and Jason Street. The Zone offers a variety of experiences for all hands. The complex features the Budweiser Brewhouse, All Hands Bingo, CPO Club and Party Rooms. The complex is available to cater private parties, weddings, special themes and conferences. Import and domestic kegs are available through The Zone. Need food for an occasion? Check out our pick-up service of five-foot subs, wings, finger sandwiches and more! Great for any function or time!

### **"All Hands" Bingo**

Lunchtime Bingo is played Monday through Friday 11 a.m. – 1 p.m. Evening Bingo is played Sunday, Monday, Tuesday, and Thursday starting at 6:30 p.m.

**The CPO Club** The Lounge welcomes all E-7s, E-8s, and E-9s, retirees and their guests, and offers a full service bar. For information or party reservations or hours of operation, call (904) 542-3521 x16.

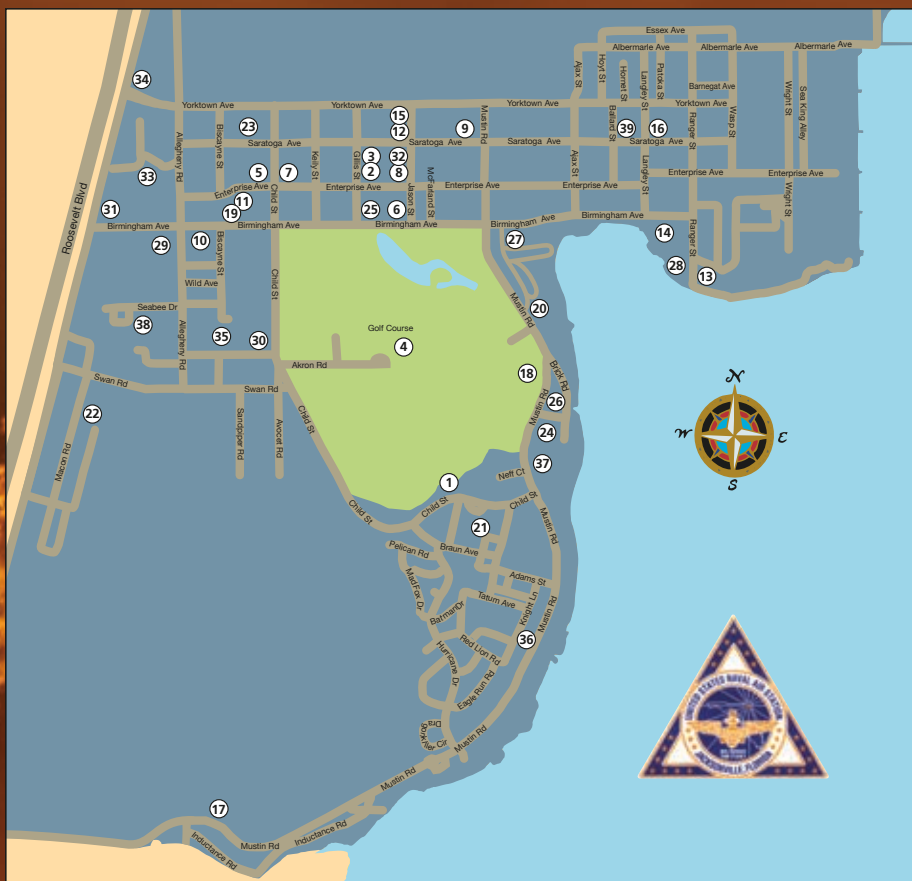
### **Budweiser Brew House**

Join us for lunch, dinner or a social hour. The Brew House is your headquarters for viewing sports on Direct TV and has a variety of video games for entertainment. Check out our monthly schedule of events to see who is playing or performing! We are a Direct TV NFL Sunday Ticket Location.



### **The Zone Pick-up and Delivery (featuring Bambinos Pizza)**

It's your base food delivery answer. Their wide variety menu consists of pizza, wings, calzones, salads and more. For pick-up or delivery call 542-3900.



MAP#	BLDG#	FACILITY	MAP#	BLDG#	FACILITY	MAP#	BLDG#	FACILITY
1		Heritage Cottages	13	1072	Marina & Outdoor Equipment Rental	26	10	River Cove (O'Club)
2	614	Base Gym / Indoor Pool	14		Fisherman's Cove Picnic Area	27		Catering and Conference Center
3	609	Bowling Center / Gutterball Grill	15	816	Liberty	28		R.V. Park (Check-In at Auto Center)
4		NAS Jax Golf Course	16	1	Morale, Welfare & Recreation Administration (MWR)	29		Sea Kings Parks I & II
5	705	Child Development Center	17		Antenna Farm	30		Softball Complex (McCaffrey)
6	622	Auto Skills Center, Auto Rama, RV & Deployed Storage Registration	18	809	Golf Clubhouse & Mulligan's Restaurant	31		Tennis Courts
7	554	Fleet and Family Support Center	19	987	Navy Exchange (NEX) / Commissary	32	612	Theater / Auditorium
8	867	Fitness Source / Wellness Center	20	802	Navy Lodge	33	419	Outdoor Pool
9	855	Galley	21	2080	Navy Hospital	34	1050	USO
10	429	Gas Station / Autoport	22	170	MWR Warehouse	35	537	Veterinary Clinic
11	953A	Information, Tickets & Travel (ITT)	23		Patriots' Grove	36	2069	Youth Center / Gym /
12	798	The ZONE: Bambino's Pizza / Bingo /Budweiser Brew House / CPO Club / Main Event	24	10A	PRT Center	37	11	Navy Inn & Suites / T-Bar
			25	623	Recycling	38		Auto Skills Storage Lot
						39	960	Housing Office



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